



"I felt such an utter and all pervasive sense of hopelessness."

—Melvin Martin,
Marketing Executive
Member of the Oglala
Lakota Nation

Real Men. Real Depression.
"When I was 19 years old and in the Army in Germany...I felt such an utter and all pervasive sense of hopelessness that it took all the energy I could generate just to get out of bed. Often I'd just lie there. I didn't want to go through another day of the same thing. It was a sadness so deep that even now, 30 years later, it's indescribable." Depression is a real disease that can be successfully treated. For information, call 1-866-615-6464, visit www.nimh.nih.gov, or contact your health care provider.

It takes courage to ask for help. Melvin did.



NIMH
National Institute
of Mental Health

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